



Key Concepts in Sport and Exercise Sciences

Kirk, David

Sage Publications,
2008

Electronic books

Monografía

A very useful introduction to the key concepts in five main areas of study in sport and exercise science. The multi-disciplinary nature of the book is particularly attractive as it means that it can be used to support students studying a range of sport and exercise courses and modules. Furthermore, the chapters are concise, informative, written in an accessible style, and provide a good balance between theory and application to practice, making it a very interesting and relevant read' - Dr Lorraine Cale, Loughborough University. This book provides students and scholars with a fail-safe guide t.

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Título: Key Concepts in Sport and Exercise Sciences

Editorial: London Sage Publications 2008

Descripción física: 1 online resource (161 pages)

Mención de serie: SAGE Key Concepts Series

Bibliografía: Includes bibliographical references

Contenido: Cover; Contents; Introduction; PART I: Biomechanics; Kinematics; Force; Impacts; Work, Energy and Power; Angular Kinetics; Projectiles; Fluid Mechanics; PART II: Exercise Physiology; Nutrition and Biochemistry; Homeostasis; Muscles, Strength and Power; Energy Systems; Energy Balance and Body Composition; Principles of Training; Fitness for Sport and Health; Growth, Maturation, Motor Development and Learning; PART III: Pedagogy; Physical Education; Instruction; Learning; Curriculum; Assessment; PART IV: Psychology; Motivation; Adherence; Physical Activity and Mental Health Immediate Emotional and Affective Responses to Exercise Coping in Sport; Expertise; Leaders and Leadership; Communication; PART V: Sociology; Class; Gender; 'Race' and Ethnicity; Disability; The Body; Identity; Globalisation

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ISBN: 9780857023049 electronic bk.) 0857023047 electronic bk.) 9781857023046 electronic bk.) 1857023048 electronic bk.) 9781412922272 1412922275 Trade Cloth)

Materia: Sports sciences Sciences du sport Adult & Continuing Education. EDUCATION. Sociology of Sports. SPORTS & RECREATION. SOCIAL SCIENCE. Sports sciences.

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Enlace a formato físico adicional: 9781412922289

Punto acceso adicional serie-Título: SAGE key concepts

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